

## MCLAREN OAKLAND HOSPITAL EXTERNSHIP MANUAL

Welcome! Starting a new rotation is stressful. This guide will help you quickly become oriented to how things are done at McLaren Oakland. **Please read this document before coming and asking questions that have already been answered below.** Your role as an extern is not only to assist residents and attendings, but you are also here to learn through surgeries, patient encounters, and didactic discussions. All activities must be directly supervised by a resident or attending. In addition, you should coordinate your time so that you have an opportunity to see as much of the program as possible. The residents and attendings are very knowledgeable and helpful, so when in doubt, just ask. Also, students who have previously rotated through a program usually have good insight. Good luck, study hard, and have fun. And remember, we are all on the same team constantly learning and representing our profession to the medical and general communities with our actions.

As a student, there are high expectations because of the exposure you will have with other services and residency programs. You were chosen to do an externship here and hope you take this seriously and respect the privilege you have been granted. Your performance on a daily basis needs to be at its best since you will have a relatively short time to make your impression to the residents and attendings who will be selecting next year’s incoming residents. This is not an environment to be passive. Play an active role in learning- ask questions and be prepared to step in and help. More importantly, you represent the podiatric profession and the podiatric residency program to the medical community you will be interacting. Prepare yourself every night for the next day’s cases by reading references and recent articles. These are the same expectations placed on our residents. Students are encouraged to take pictures throughout your time here for case presentations. You are expected to have a presentation ready towards the end of your rotation. We want you to enjoy your time here as well as maximize your learning opportunities. We hope that we can prepare you well for other rotations as well as for interviews.

**Certain general expectations include- You should not have to be reminded to do these:**

- Clinic at McLaren Oakland Hospital (Drs. Husain and Sehgal)
- Completing pre-operative paperwork including: consent, H&P, and discharge paperwork, drawing local anesthetics and placing tourniquet, and pulling gloves and equipment
- Coming prepared for cases and assisting during cases
- Your weeks will be assigned to maximize your exposure to the program’s curriculum. You will also be assigned call weeks and nights during your month. Personal time can be accounted for if given adequate notice.

### Resident Contact Information

Abraham Adam	IL	PGY-3	adamfas786@gmail.com
Andrew Kanny	IL	PGY-3	atkanny@gmail.com
Athanasios Garbis	IL	PGY-2	athanasios.garbis@my.rfums.org
Kyle Lawton	IL	PGY-2	kyle.lawton@my.rfums.org
Manuel Cohen	OH	PGY-1	mannycohen@gmail.com
Shweta Saxena	IL	PGY-1	shwsax6@gmail.com

## MCLAREN OAKLAND HOSPITAL EXTERNSHIP MANUAL

### Frequently Asked Questions

---

**Where to show up on Day #1?** Please email the resident supervising externs (contact information will be provided) for the year the week before you show up. They will coordinate your orientation and any other administrative matters for your first day.

**What is the attire?** You will be given scrubs for the majority of your month. You may spend some time in private clinics so clinic attire will be needed. You are expected to always wear your white lab coat.

### What are some housing options?

Please notify the resident supervising externs and they will be able to provide reasonable housing options in the area.

**Will I need a car?** The program covers several facilities and clinics that will require your own transportation for the month.

**What type of schedule will I have?** You will be assigned to help and assist with hospital rounds, surgery, and hospital/emergency consults. The schedule is flexible depending on your interests. You must be supervised by an attending or resident at all times.

### Before You Begin

---

**Contact program coordinator** (Judy Guthro- 248-338-5259, [judy.guthro@mcclaren.org](mailto:judy.guthro@mcclaren.org))

Please contact her at least 2wks before you are scheduled to begin your rotation as there are some administrative matters to be addressed prior to your arrival

**Housing options** (take care of as soon as possible)— explore Troy, Auburn Hills, Rochester, or Pontiac (McLaren does not provide housing)

### ID badge / Parking / Scrubs

This will be done during orientation on your first day.

### Things to Know

---

#### Scheduled for surgeries?

You will be assigned to cases throughout the month. You may ask to observe cases that you are interested in. You can also take this time to shadow residents who are on other services. You should also help out during rounds and see consults.

Get to the case at least 30-60min early. Check with the resident, but generally, you can do the following: H&P, and evaluate limb for biomechanical evaluation if appropriate. Sign every form you write with date and time. Make sure resident co-signs. Make sure resident signs consent and that it is completed properly.

## MCLAREN OAKLAND HOSPITAL EXTERNSHIP MANUAL

### Things to Know

---

Common courtesy is to introduce yourself to the circulator and scrub tech. Write your name on the white board, as well as the resident who is scrubbing. Pull gloves for yourself and resident. Ask scrub tech if you can do so. Prepare the pre-anesthetic block which is usually 20cc of a 1:1 mixture of 1% xylocaine plain and 0.5% Marcaine plain in two 10cc syringes. **DOUBLE-CHECK** with **THE RESIDENT/ATTENDING** to make sure before drawing. Check the expiration date. Get the tourniquet ready with webril on first. Ask resident what they want it set to. **WHEN IN DOUBT, ASK!!!**

Post-operatively, help bandage and/or apply cast. Post-op note is now done electronically. Accompany the patient to recovery.

### Rounding

Ensure you look up all patients depending on where you are assigned the night before. The daily schedule has patient updates daily. Having an idea of what is going on is better than showing up and not knowing what to do.

Rounding is again done differently by each resident. Depending on your level of comfort, you may be asked to go ahead to the next person to pre-round/take dressings off and interview the patient while the resident is finishing up with the last patient. Your resident will decide on how to do things that day. If you are uncomfortable doing something, ask!

All notes are done electronically. On new consults, you should do a full H&P with assessment and plan in mind to discuss with the resident. For established in-patients, do a standard SOAP progress note.

Each floor has a clean utility room, stuffing your pockets full of supplies and cutting time down on rounds will make you look prepared! Load up on first day: kerlix, 4x4s, packing, tape, scissors, cultures, adaptic, betadine, cotton tip applications, *etc.* Bring your nail nippers, stethoscope, scissors, pen, paper, *etc.*

### Typical Week Schedule

Daily- cases and rounding

Tuesday – Husain clinic (1300-1700)

Wednesday – academic meeting (0500-0700)

Thursday – Sehgal clinic (0800-1200)

The schedule for the entire week will be provided and you will have access to prepare for upcoming surgical cases and clinic.

### Case Presentation or Topic Lecture

Prepare a presentation for the end of your externship. Presentation should involve a case you saw during your externship with a didactic component that reviews common rationale and recommendations. The presentation should use evidence based-medicine principles when citing literature. If you are having difficulty finding a case or topic, then ask one of the senior residents to assign you one.

## MCLAREN OAKLAND HOSPITAL EXTERNSHIP MANUAL

### Off-Service Rotations

If possible, try and spend a day at these. There is a check-list at the end of this document that will give you a guide of what options are available to see as much of the program as possible.

### Private Office Rotation

Dress in business attire with white coat.

## EXTERNSHIP CHECK-LIST

Extern Name \_\_\_\_\_

Externship Month and Year \_\_\_\_\_

Podiatry School \_\_\_\_\_

Exit Interview Date \_\_\_\_\_

## MONTHLY CHECK-LIST

- Podiatric Surgery
- Podiatric Clinic
- Emergency Room
- Rounding
- Private Office
- Academic Lecture